

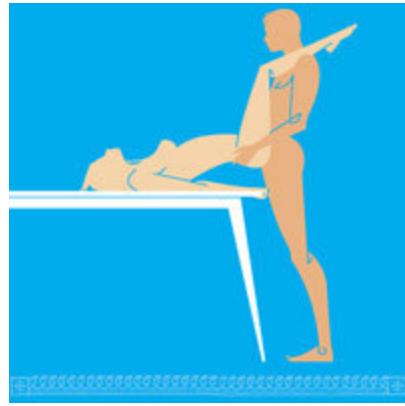
# The Amazing Butterfly

Carnal Challenge:



## EROTIC INSTRUCTIONS:

find a place where you can lie down and he can stand in front of you. The catch: It's got to be somewhere that puts your pelvis a foot lower than his — maybe your bed (if it's a high one) or a desk, counter, or even the hood of a car. Then lift your legs and rest them on his shoulders. Tilt your pelvis upward so that your back forms a straight line angling up toward him, and your crotches meet. Have him place his hands under your hips, so he can hold your booty at the perfect angle while he thrusts.



**WHY YOU'LL LOVE IT:** The Amazing Butterfly is primo for unequalled ecstasy without high-energy commitment. The pelvic tilt gives his penis full access to your vagina and builds in more fluttery friction for both of you. When done very slowly, it's completely dreamlike. The result? An orgasm that feels like you're flying. Add to your own personal pleasure with a little solo action. While you and your guy are going at it, use a free hand to stimulate your clitoris yourself. When you man sees you bringing on your own bliss, you'll send his desire flying

# The Head Game

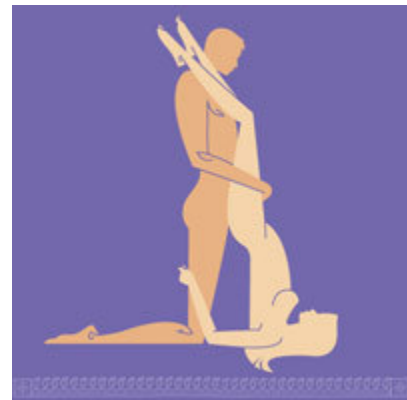
Carnal Challenge:



## EROTIC INSTRUCTIONS:

Start this inverted delight by lying flat on the ground face up. With your hands supporting your lower back, lift your legs and backside way, way up so they're as perpendicular to the ground as you can get them. Have your man kneel before you, grab your ankles, and bring his knees to your shoulders. Then take his hands and ask him to hold your hips — that will steady you both. Hold his thighs for leverage and adjust so your genitals can join for some otherworldly upside-down action.

**WHY YOU'LL LOVE IT:** Getting into this position, you may feel like you're headed nowhere — but it's totally worth it once you experience the results. The blood rush from your thighs will intensify the sensations in the pelvic region. Plus, your legs are squeezed together over his shoulders, which guarantees a snug, scintillating fit for him. Once you two are well on your way, pulse your legs ever-so-slightly. The added thigh movement will give him an extra rush in this already tight fit. Thrust your hips into his groin and arch your back as you move with him, turning you into a vibrating vixen he can't resist.



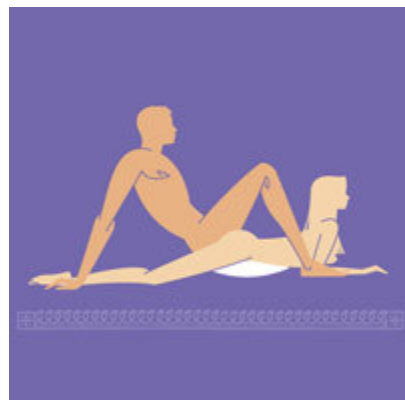
# Electric Slide

Carnal Challenge:



## EROTIC INSTRUCTIONS:

You lie down on the bed or floor on your stomach, with your legs straight and slightly apart. Your guy sits right behind your buns with his legs in front of him and his hands on either side of his body for



support. He leans back at a 45-degree angle to your body so he can join his genitals with yours. As he rocks forward and back, bring your legs together for a tight fit. Rest on your elbows with your arms in front of you for leverage.

#### **WHY YOU'LL LOVE IT:**

If your guy likes taking charge in bed, this position will let him be your passion pilot. He can glide back and forth as fast or sensually slow as he desires down the runway of your thighs. And since you're restricted from thrusting and grinding, you get to relax and completely relinquish control — allowing you to concentrate entirely on your pleasure. Plus, you get to enjoy the überhot element of surprise since you can't see which naughty nooky move he's planning to do next. To add some extra sparks to this already electric pose, arch your back as much as possible. The change in position will cause your vaginal muscles to tighten, driving him wild!



## **Pleasure Pick-Me-Up**

#### **Carnal Challenge:**



#### **EROTIC INSTRUCTIONS:**

Standing with his back against the edge of the bed (or even the washer or dryer), your stud picks you up with his hands cradling your bottom and the backs of your thighs. Wrap your legs around his waist (place your feet on the bed for support) and your arms around his neck and shoulders. As his penis enters you, you hang suspended from him, bouncing up and down with the help of his arms.

#### **WHY YOU'LL LOVE IT:**

For those who love a he-man, get ready for total ladylike delight, since you'll be bound in your strong stud's arms, totally suspended and at his orgasmic mercy. And the rapid-fire bouncy action provides a brand-new move — less in-and-out, more up-and-down. As he thrusts against your front vaginal wall, you're near enough for longing looks and deep kisses — essential ingredients for the ultimate coital connection. Squeeze your thighs around his waist, lock your hands behind his neck, then carefully arch your back so your pelvic region nestles firmly with his. This wanton whimsical pose will up the erotic ante for you both.

## **The Sofa Spread-Eagle**

#### **Carnal Challenge:**

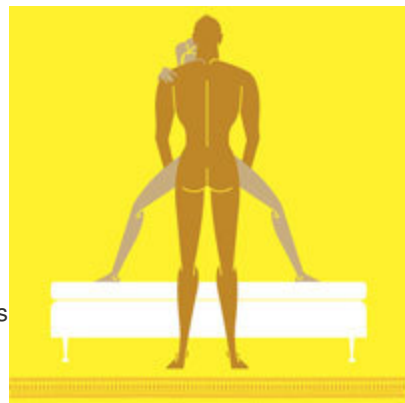


#### **EROTIC INSTRUCTIONS:**

Stand on the edge of a couch, bed, or two chairs, with your legs spread wide. Position your man so he's standing on the floor facing you. Adjust the width of your stance (bending your knees slightly if necessary) so he can easily slide between them and get your pelvises to meet — then rock your bodies together to feel the bliss.

#### **WHY YOU'LL LOVE IT:**

There's nothing like the feeling of impulsive, must-have-it-right-now sex while standing up. But the Sofa Spread-Eagle spares you both the royal pain of matching up your private parts. While your stable stance allows you to move to his rhythm, your wide-spread legs give you that super sexy vulnerable feeling. All that frontal friction will hit your hot spot and take you to a no-hands-necessary climax.



Because you are both standing, nothing should hold you back! Get in some hands-on action — neither you're stroking the back of his neck or tickling his testicles, he'll love the attention. Ensure you're satisfied by guiding his lips to your breasts and placing his fingers where you want them.

## The Love Seat

Carnal Challenge:



### EROTIC INSTRUCTIONS:

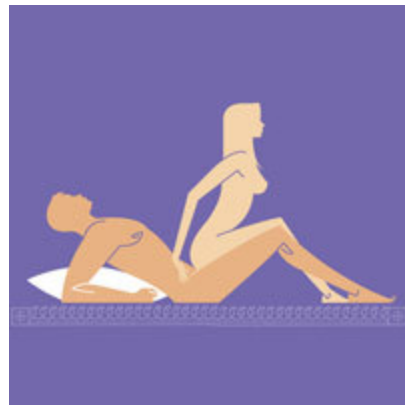
Tell your partner to lie back, propping up his head and shoulders with a pillow, and have him spread his legs slightly. While you're facing the same direction — your back is to his face — lower yourself onto his hardened penis. Put your feet between his legs on the floor or the bed. Take your right hand and place it on his right hip bone and your left hand on the bed next to his left hip bone. Use your hands and feet to move your body up and down on his shaft.

### WHY YOU'LL LOVE IT:

The movement of *your* seat is the key to the Love Seat. With both your hands and feet controlling your motion, ride your behind up and down at a pace that feels best. While you're doing all the work, give your man's hands a pleasure project and have him massage your butt, back, neck, and other sexy spots he doesn't always have access to.



Feeling but not seeing your partner lets you experiment with a fantasy or two. Give yourself momentary permission to pretend he's Brad Pitt, Tom Cruise, or a total stranger. A Cosmo word of caution: Just be sure you're calling out the right guy's name



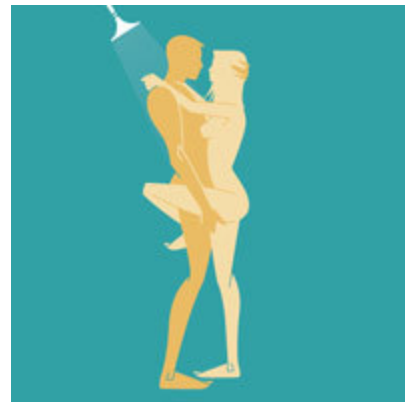
## Sensual Shower

Carnal Challenge:



### EROTIC INSTRUCTIONS:

This passionate pose will really steam up your bathroom mirror. Stand facing each other in the shower. Hug your partner as you wrap your left leg around his waist. He places his right hand under your thigh to keep you steady as he enters you. Meanwhile, his other hand is free to caress your face and run his fingers through your hair.



### WHY YOU'LL LOVE IT:

You and your guy are up close and personal. Add the water pouring over you and this is a perfect position for lots of wet, passionate kissing. You can also gaze into each other's eyes, further boosting the intimacy factor. Have your guy bend his right leg so you can grind your clitoris in small circles against his thigh, sending you into sensory overdrive

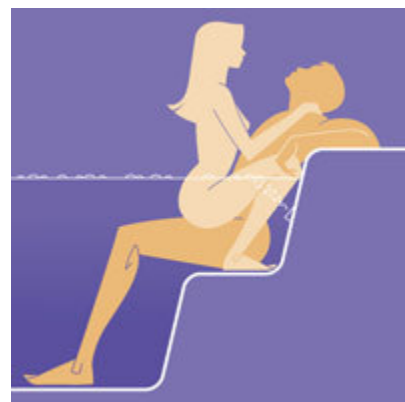
## Hot-Tub Hug

Carnal Challenge:



### EROTIC INSTRUCTIONS:

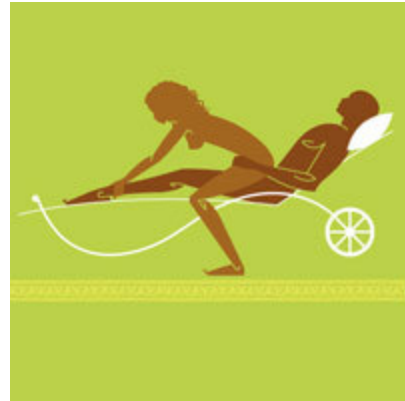
Start with your guy sitting on the bench with his knees bent and legs slightly spread, leaning back with his arms outstretched and



resting on the edge of the tub. Straddle him, facing forward, and lower yourself onto his penis, holding on to his shoulders for support. Keep your knees bent and feet flat as you move up and down or back and forth.

#### **WHY YOU'LL LOVE IT:**

The space between your torsos allows both of you to watch the action. There's also room for pelvic play, so you can maximize clitoral stimulation by rubbing your bliss button against his pubic bone as you gyrate. Take advantage of this you-on-top pose to titillate his pleasure-receptive nipples. Draw gentle circles around them with your fingers as you grind



## **The Randy Recliner**

#### **Carnal Challenge:**



#### **EROTIC INSTRUCTIONS:**

This move requires a little equipment prep. Find a reclining lawn chair or bench (narrow enough for you to get your legs wound around), or line up three backless chairs. Have your man lie down with his arms at his side and his legs together. Facing his toes, straddle his lap and plant both feet on the ground. Next, back yourself down onto his penis. Start moving your hips, back and forth, up and down, and side-to-side — all while he enjoys the killer view of your pivoting posterior.

#### **WHY YOU'LL LOVE IT:**

This fresh entry angle gives you a sweet new sensation on the back wall of your vagina. Move your booty in circular motions around his penis to hit all your pleasure spots. Make sure not to hold back in the sound department so you both know how much the other is enjoying this randy recline ride.

Here's a way to send you both soaring: Fondle his testicles, his perineum (the area between his anus and his testicles), and your clitoris in one long, slow feel with your free hand. The extra attention to these most sensitive spots will enable the two of you to build up to outta-this-world orgasms

## **Joystick Joyride**

#### **Carnal Challenge:**



#### **EROTIC INSTRUCTIONS:**

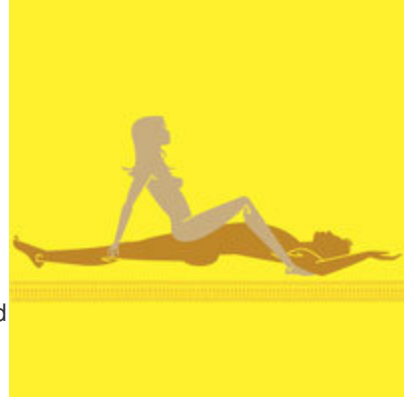
Your man lies on the bed or floor on his back with his arms relaxed above his head. Straddle him on top and slide your legs straight out and forward, so that your feet are on either side of his shoulders. Hold his shins or push on the floor for leverage, and start swiveling your hips in figure-eight motions so you're moving his penis around inside like you would a joystick for a video game.

#### **WHY YOU'LL LOVE IT:**

For the independent gal, this mega-momentum move gives you tons of freedom and literally adds an exciting twist to your typical in-out motion. You control the speed, direction, and overall activity level. And as you're swiveling, your boobs will be bouncing north, south, east, and west — an exhibitionist's dream.

Since you're calling the shots, tease and please him by surprising your game boy with unexpected hip twists:

Vary your swivel with back-and-forth rubs, side-to-side fake-outs, and up-and-down dynamos. Not knowing what's coming next will make him feel like he's hit the high score.



## The Sensual Spoon

**Carnal Challenge:**



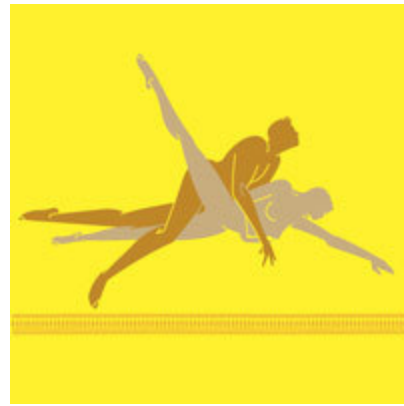
### EROTIC INSTRUCTIONS:

Every couple knows how to assume the spoon: Lie on your side with your guy behind you. Keep both of your torsos in this doze pose and lift your top leg. Have him shift his lower body into a half-kneeling position, entering you from behind.

### WHY YOU'LL LOVE IT:

This passion pose gives you the best of both worlds! The half-doggy-style, half-spooning hybrid combines the cozy intimacy of lying side by side with G-spot-rubbing penetration. Nothing beats having him holding you tight while taking you higher. Give him a gentle reminder that both his hands are free, guiding them to caress your curves and stimulate your clitoris. Up his ante by reaching behind, fondling his testicles, and stroking his perineum as he thrusts.

It doesn't take too much effort to get into this position, so try it out when he least expects it. After you two fall asleep spooning, wake your guy in the middle of the night and give it a whirl while you both are still half in dreamland. When you're done, fall back asleep with his arms wrapped snugly around you.



## The Torrid Triangle

**Carnal Challenge:**



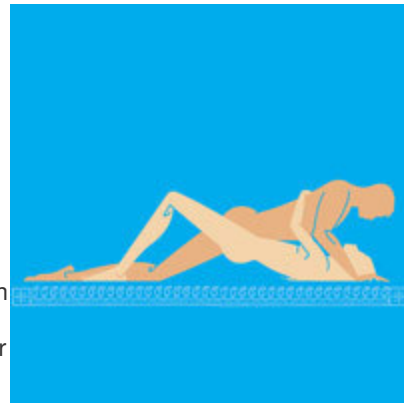
### EROTIC INSTRUCTIONS:

At first glance, you might think this is just the same routine missionary position with him on top and you on the bottom. But, of course, there's a secret Cosmo super lift twist! With you underneath him, ask him to get up on all fours. Then raise your pelvis up to meet his penis. Tell him he has to stay put as you start moving your fanny up and down to get frisky.

### WHY YOU'LL LOVE IT:

Don't be fooled by being on the bottom — you're definitely the one calling all the shots here. By lifting your pelvis, you're in charge of the speed and timing of every thrust — so move according to your wanton whims. What's more, as long as he obeys your stay-still orders, you also decide the depth of the penetration — the harder you push, the deeper he goes and the more you (both) moan.

Take a moment and enjoy your power trip! Here's your chance to tease him mercilessly by thrusting only halfway onto him. This will concentrate all sensations on the supersensitive tip of his tool. Then, when he least expects it, take the plunge and go all the way for a surprise rush of pleasure.



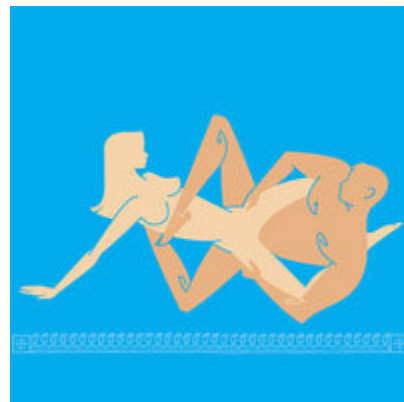
## The Pinwheel

**Carnal Challenge:**



### EROTIC INSTRUCTIONS:

You and your partner lie on your sides facing the same direction. First, you lower your crotch onto his, wrapping your legs around either side of his torso. Your arms should be stretched out behind



you supporting your weight. He then encircles your waist with his legs and grips your upper thighs and thrusts gently.

### **WHY YOU'LL LOVE IT:**

Like most side-by-side sex positions, this one promises a kind of ecstasy equality but with a head-on twist. "This position is well-suited for shallow penetrations," says Joan Elizabeth Lloyd, author of *Now and Forever: Let's Make Love* (Warner Books, 1997). Why would you want to dabble instead of really doing it deep? By concentrating on your outer banks, your guy can tease the turbo-charged nerve endings in the first third of your vagina while also tantalizing the packed-with-nerve-endings head of his penis.

To turbo charge his thrusting, try circling with your hips. The move doesn't have to be anything big — just enough to create a subtle spiral effect. If you're feeling really randy, move your body up and down his penis. The up-down, all-around action will be more than he can handle.

## **The Spider Web**

**Carnal Challenge:**



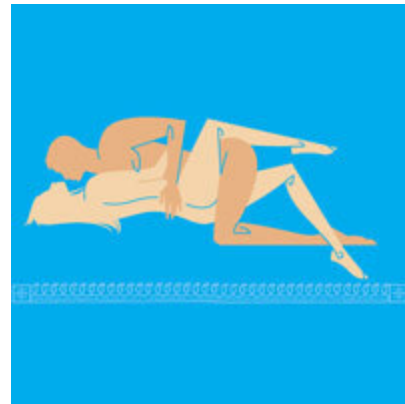
### **EROTIC INSTRUCTIONS:**

Both you and your guy lie on your sides, facing each other. Lean in close together and scissor your legs through his so you're super close and he's deep inside you as he enters you. While thrusting, hold on to each other for leverage and ultimate friction.

### **WHY YOU'LL LOVE IT:**

Rather than typical in-and-out thrusting, this sexual web your bodies create lets you and your guy please each other with grinding, circular motions. Try gyrating your hips in circles around his member for an incredible erotic explosion. It's a tight-together fit that generates lots of tension, yet lets you kiss, nibble, and stroke each other while doing the deed. You can reach behind and rake your nails lightly along his back, causing spine-tingling sexy shivers — a major erotic move he may not expect, but one that will make him moan even more.

Let your fingers venture even further south and surprise him by reaching back and stroking his perineum, the area below his anus that's rich in nerve endings. But make sure you're just about to reach your peak, because this move is sure to speed up his arrival of the Big O



## **The Lusty Lean**

**Carnal Challenge:**



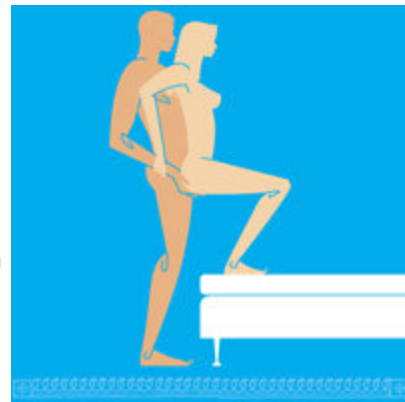
### **EROTIC INSTRUCTIONS:**

Your sweetie stands facing you as you squat on a bed or chair with your back to him. Lean on his chest as he steadies you by placing his hands under your rear. He then enters you from behind.

### **WHY YOU'LL LOVE IT:**

Leaning back on his chest with his biceps bracing your weight, you'll feel totally taken care of — and he'll feel more studly than a first-string stallion. Plus, this position gives him deep access combined with more of a grinding motion than the usual from-behind fast thrusting.

Once you have the rhythm down, change it up a little. So long as he can support you in his weakened state, have him take half a step back. Changing the angle will alter where his penis hits your vaginal walls, enhancing your climax by drawing it out.





# The Figure Eight

Carnal Challenge:



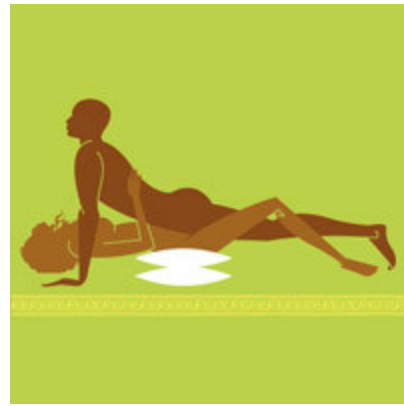
## EROTIC INSTRUCTIONS:

Lie on the floor face up with a couple of pillows propping your butt. Keep your knees half bent, your legs splayed wide, and your arms high over your head or holding on to his side (as in the picture) — so that your body is extremely open. Have your partner enter you at a higher angle than usual (the pillows will help), planting his hands on the floor beside your head. He should move inside you with slow, languid figure-eight motions, so that you feel his whole package — his penis plus pubic region. Remember: The figure-eight motion is key to this maneuver.

## WHY YOU'LL LOVE IT:

You get double the orgasmic pleasure: His penis's circular motions tantalize your vagina while his public bone lightly rubs against your clitoris. This is a slow-building, easy-orgasm position that allows you to lie back and let him please you with long, sensual strokes, until you climb to a powerful peak.

For a surefire G-spot trigger, pile up the pillows. The more you have propping you up, the easier it is for him to penetrate you deeply. And not only will your orgasms be even more intense, but you'll also satisfy every inch of his member — so there's even the potential for a simultaneous climax!



# Row His Boat

Carnal Challenge:



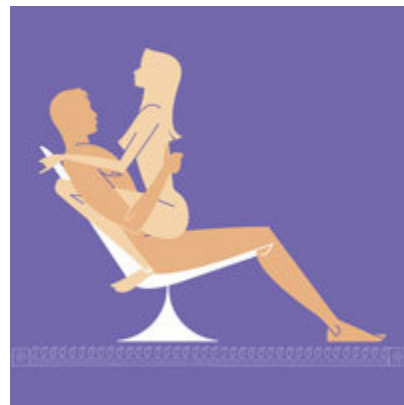
## EROTIC INSTRUCTIONS:

Your partner slouches down in a comfy but sturdy chair, his legs slightly spread. You straddle his lap as you face him, your knees bent and open against his chest, your feet braced against the seat of the chair. While your guy grips your hips, thighs, or butt, you clutch the back of the chair and begin moving up and down along his shaft.

## WHY YOU'LL LOVE IT:

It's traditional girl-on-top with a tempting twist, explains Joan Elizabeth Lloyd, author of *Now and Forever: Let's Make Love* (Warner Books, 1997). With your knees bent and your hands and feet using the chair as a springboard, it's the bounciest nooky style ever — perfect for teasing your guy with fast up-and-down action, then shifting gears and going for wide circular motions. Plus, your bodies are close enough for the intimacy of kissing, touching, or just giving each other incredibly lusty looks.

The slicker, the better as you ride this wanton wave. Before you start bonking his buoy, grab a little extra lube to keep things extra wet. Heat things up more by putting your motion lotion on each other — the feel of your hands sliding against his most sensitive spots will definitely get him in the mood.



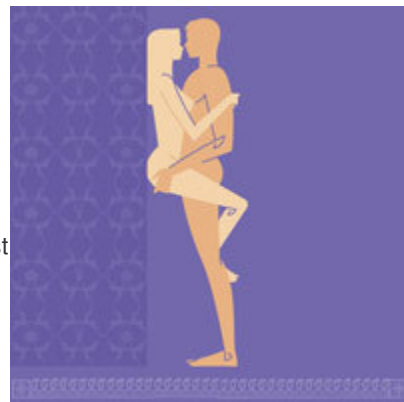
# The Stand and Deliver

Carnal Challenge:



## EROTIC INSTRUCTIONS:

You lean against a wall with your legs slightly spread, facing your guy. He grabs onto the backs of your thighs and holds them against



his hips, lifting you up and pushing your back into the wall for leverage, then thrusts away.

#### **WHY YOU'LL LOVE IT:**

Like traditional missionary sex, this position satisfies your up-close-and-personal cravings for face-to-face intimacy. But stand-up sex also scratches that I-need-you-now itch that plagues passionate partners, says Joan Elizabeth Lloyd, author of *52 Saturday Nights* (Warner Books, 2000). "This position is primal and versatile — perfect for a quickie." Plus, by squeezing your thighs together, you'll narrow your vaginal canal, which in turn enhances the friction he feels.

When you two are well on your way to the Big O, add intensity by squeezing your thighs a little bit tighter.

The extra tension will narrow your vaginal canal, which in turn enhances the friction he feels. Plus, clenching your muscles creates more tension in your body, and thus more pleasure buildup.

## **The Face-to-Face Fandango**

#### **Carnal Challenge:**



#### **EROTIC INSTRUCTIONS:**

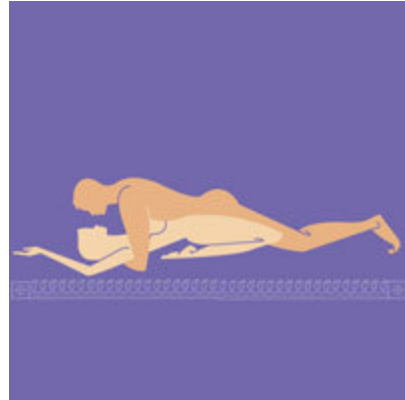
This pose gives a whole new meaning to the words "Dirty Dancing."

Lie on the floor or another flat surface faceup with your legs bent under your thighs and your arms raised straight back over your head. Have your guy lie on top of you face-to-face, his legs straight and his hands gripping either your shoulders or your sides. Once you've tweaked the pose so that it's comfortable for you both, he can penetrate you with wide, circular motions or deep, up-and-down thrusting — whichever best suits your saucy mood.

#### **WHY YOU'LL LOVE IT:**

Unlike other deep-access positions, this one allows for optimum eye contact, kissing, and touching. He can play with your breasts with his hands or tongue, and with your hands above your head, it's up to him to triple your trysting pleasure.

With your legs bent under you and your arms straight over your head, your back will naturally be slightly arched. By bringing out your inner acrobat and arching even farther, you'll find that his member will reach even deeper delights.



## **The Couch Canoodle**

#### **Carnal Challenge:**

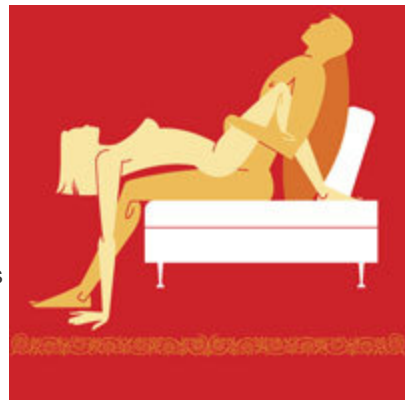


#### **EROTIC INSTRUCTIONS:**

Have your partner sit back on a couch (or a comfy chair). Straddle his lap with your legs splayed apart and your knees bent up against his chest. Slowly lean back so you're almost upside down with your arms stretched behind you (all the way to the floor) to support your weight and maintain your balance. Thrust back and forth against him, opening and closing your legs.

#### **WHY YOU'LL LOVE IT:**

This passion pose supplies the kind of naughty sex scene that all men yearn for. It gives him a full-frontal va-va-voom view of you in action, one that'll undoubtedly fuel his dirtiest fantasies for a long, long time. Plus, because you're the one who sets the speed and timing, you can treat yourself to the exact motions that make you moan with desire and take you over the edge of ecstasy.





Take advantage of being on top by clamping your PC muscles around him, transforming your privates into the tight space he craves. When you're ready for him to hit his peak, squeeze your PC muscles extra hard, or pulse them, and the move is bound to send him soaring.

## Desk Detail

**Carnal Challenge:**



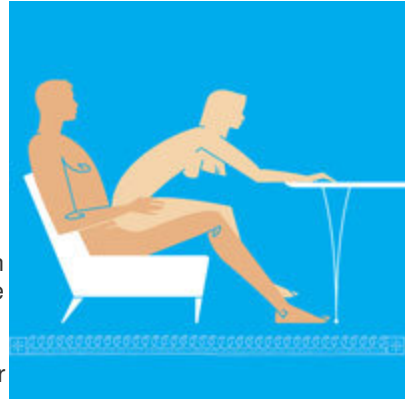
### EROTIC INSTRUCTIONS:

Sit your man down in a desk chair, with his legs spread out comfortably in front of him and his feet on the floor. Standing between his legs with your back to him, lower yourself down onto his lap. Once he's inside you, lean forward and stretch out your arms until they reach the desktop. Lift your feet up, suspending them in the air. He grabs your hips tightly and thrusts in small circles while you keep your legs together.

### WHY YOU'LL LOVE IT:

Who said desk duty was boring? Get ready to be brought to bliss because in this position, your guy is definitely the boss — literally. But unlike typical doggy-style sex, which can be hard on the knees, your guy can sit back, relax, and concentrate on taking you to incredible orgasmic heights. If he lifts your body up a bit as he thrusts, he can watch himself as he enters you — an experience guys all crave.

To earn some extra erotic credit, ask your man to tilt you forward a bit more and shift the motion by using circular strokes. The twists and turns of this passion project will have you definitely wanting to stay late at the office.



## Randy Raft

**Carnal Challenge:**



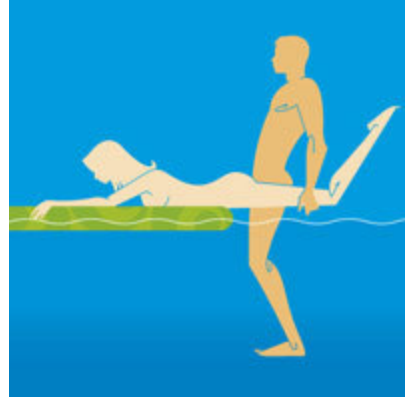
### EROTIC INSTRUCTIONS:

Climb onto a well-inflated raft in shallow water, and lie on your stomach with your butt and legs dangling over the edge. Your man should grab on to your thighs, as if he were pushing a wheelbarrow, then enter you. He can then pull you incredibly close for the deepest possible penetration.

### WHY YOU'LL LOVE IT:

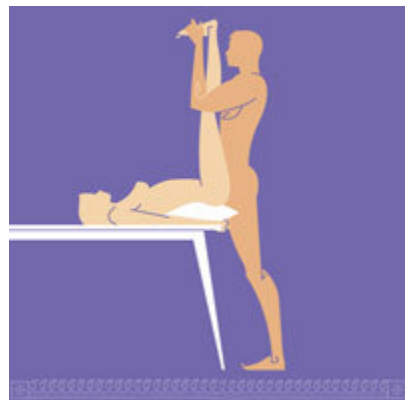
The Randy Raft delivers a double whammy. First, your guy can move your legs up and down to vary the angle of penetration, creating alternating sensations for you. Plus, since you can't see him, you aren't able to anticipate his next move, which is surprisingly thrilling.

As your man gets close to climaxing, have him lean forward so his chest is pressed against your back for an intimate skin-to-skin finale



## The Mermaid

**Carnal Challenge:**



### **EROTIC INSTRUCTIONS:**

Lie face up at the edge of a bed, desk, or countertop. Place a pillow under your butt to get some elevation. Extend your legs straight up, keeping them close together. You can put your hands under the pillow to raise your pelvis even higher, use them to hold on to the counter or desk for leverage, or keep them free. Your partner then enters you while standing up; if the bed or desk is low, he can kneel on the floor. He can grip your feet for leverage, which will give him the extra stability he needs to thrust more deeply.

### **WHY YOU'LL LOVE IT:**

Keeping your legs together means he feels fuller inside you, so you're creating lots of blissful friction and an incredibly tight fit. Give him a show and drive yourself wild by stimulating your clitoris while he's thrusting away.

Occasionally separate your legs and bring them back together to get that first-tight-fit feeling again and again. The tight...tighter...tightest sensation will drive your guy wild, and the rush you'll get from calling the shots will create waves of pleasure

---

## ***Advanced Sex Positions***

Just to prove that there really are no limits when it comes to sex, here are a variety of positions put together for your amusement. If you have fun trying them out, so much the better! Some of them are fairly basic, some of them require the skills of a contortionist to get into. Try them if you're fit and supple and/or looking for a new experience!

### **Face to Face Sex Positions**

#### **The rocking horse**

This requires a fair amount of strength in your legs and thighs. The man takes up a squatting position, probably on a bed or a firm surface like the floor, and his partner then sits on him. She helps to support her weight with her feet and legs, but the main sensation in this position comes from her ability to rock backwards and forwards while her partner's penis is inside her. It's also interesting to try a variation where the man rocks back and forth while his partner remains still, moving with him only as he moves.



---

#### **Crossed swords**

When you take up this position for sex, the male partner sits as shown in the illustration with his upper body supported on his hands. He can keep his legs straight or bend them, depending on what is most suitable and pleasurable. His partner sits on him as shown, bending his erect penis forwards so that it enters her. This means that men with a very upright erection may not be able to enjoy this position as their penises will not bend forward enough. Assuming that the couple can get into this position, she can control all the movement, the rhythm and the speed of thrusting, since she has purchase with her arms to allow her to thrust from her pelvis. One great advantage is that the couple can enjoy looking at each other during sex, though of course they can't really touch or kiss.



---

#### **The Goddess embrace**

Sitting on the edge of a chair or bed, the woman allows her partner to penetrate her while he kneels. Clearly, the position depends on the couple getting the height right, so you may have to adjust the height of the woman's bottom before it is easy for the man to enter her. He also may need some cushions under his knees for comfort. Once inside her, he can embrace her tightly as she clasps her legs around his back. By holding her close, he can get deep into her, and he has control of the speed and rhythm of sex.



---

### **Climbing the hill**

We'd only recommend this position for very flexible or adventurous lovers! The male partner lies as shown, with a firm erection, which he holds for his partner as she guides herself down on top of him. She must sit slowly and gently so as not to bend his penis, though if she can get onto him, she has control of the movement. He basically lies there while his partner rides up and down him, using her legs to move up and down. The man gets extra stimulation by watching his partner's breasts and his penis moving in and out of his partner's vagina.



---

### **The spider's web**

This is an exciting position - if the man's back is flexible enough for him to get into it! It also helps if he has a long penis, though this is not essential if the couple raise her bottom with a pillow so that her vagina is at the right height for him to enter her. The easiest way to get into this position is for her to shuffle towards her man as he sits waiting for her. If he leans forward and holds her shoulders, he will be able to gain enough purchase to thrust slightly, though movement is limited. He is basically entering her from below and pushing up, since her bottom and pelvis are slightly higher than his.



---

## ***Sitting Sex Positions***

### **The chair**

To enjoy this position you need to be on a hard surface - a bed will rock too much and you may not be able to stay upright. The man sits as shown, holding his legs behind the knees so that he forms a stable base for his partner to sit on. She makes herself comfortable, resting some of her weight on him and some on her legs, taking his penis inside her vagina as she lowers herself onto him. In this position, either he or she can move, but it's a good idea to decide who is going to rock or thrust before you start, since if you both try and move out of synch, things can get a bit confusing. Obviously the man has easy access to his partner's breasts, which he can kiss and caress as the couple make love.



## The X factor

You start in the chair position shown above, this time on a soft surface like a bed, then have the man hold the woman's wrists as she lowers herself down onto the bed between his legs. Look carefully at the picture so you get the angle of your legs correct, otherwise the position won't work! The idea is that the man can pull his partner towards him in a rocking motion, though to do this he must be fairly strong and she must trust his ability to hold her. It's a great exercise in trust, and fun to play with, though you may find it is tiring and you are better returning to the chair position above, perhaps using a variation where you hold each other around the back to support each other in a sitting position (see another form of this sitting position below).



---

## Possession

This is a very erotic and exciting position which allows the man to penetrate his partner slowly and deeply. He sits down, with his erection ready to receive his partner, who then sits on him, perhaps teasing him by playing with his penis, using it to stimulate her clitoris before she lets him into her body. As she plays with him like this, he may get more and more aroused, until the sexual tension is so great that he simply wishes to possess her completely! The longer the build-up, and the more erotic the foreplay, the more powerful and exciting the man's orgasm will be when he finally lets go and explodes into her!



---

## The couch

The male partner relaxes with his back well supported so that he can form a comfortable place for his partner to sit between his knees, which are raised slightly off the bed. His feet must have some purchase, so that they don't slide down the bed when his partner sits on him - the whole idea is that his body forms a couch for her to relax into. He can penetrate her easily, and the more she raises her legs, the deeper he will be able to enter her. Note the position of her thighs and his head, and the couple's hands, both of whom have clear access to her clitoris, making it possible that she will reach orgasm during intercourse. This is a great position for men who ejaculate quickly, as the erotic connection will keep him erect even if you rest still very so often. That will help him to control his arousal and slow down his progress towards orgasm.



---

## *Standing Sex Positions*

### The wheelbarrow

A well-known position, but one which a man may find is more suited to fantasy than reality! It takes considerable strength and skill to support your partner like this while you penetrate her, and if you drop her you run a severe risk of damaging your penis! Only recommended for strong couples with a great deal of stamina, and perhaps also where the woman is of slight build. Once you're in this position, you can thrust powerfully or gently, helped by your partner if she wraps her legs around your waist.



## The forward bend

This is a position which occupies a lot of time in most men's minds! Many men are highly aroused by women's bottoms, so the prospect of making love in this position can be extremely exciting. Of course, sex in a standing position like this can be fast and furious, which may add to the excitement, and it allows a man to express his most fundamental sexual urges: this position may even be the most powerful expression of male sexuality! Men love penetrating a woman from behind, and seeing their penis moving in and out of her body as they do so. Since this also allows deep thrusting and lets a man control the movements during sex, it's not hard to see why it's such a favorite! For a woman, the excitement can come from knowing she is arousing her man to such an extent, or from the sheer lustfulness of the sex, which can be liberating for a woman if she has inhibitions or is slightly shy. This can be a very exciting position for spontaneous sex, especially if the woman teases the man beforehand, perhaps by not wearing any underwear, so he can throw her skirt over her back and take her from behind!



---

## The totem pole

Again, a position which is ideal for strong couples, or those where the woman is slight of build. The man must be careful as he lifts the woman and guides her onto his erect penis, for if she slips while his erection is inside her, there is a risk of a snapped penis, which is both painful and can lead to Peyronie's disease. Nonetheless, if the man is strong enough to comfortably support his partner, this can be an exciting position because it is so unusual. The man's ability to thrust is limited, but he can gain movement if his partner's bottom is resting on, say, a table or some other suitable object. Alternatively, he can grasp his partner's buttocks as he moves her back and forth on his penis.



---

## Woman On Top Sex Positions

### Reverse cowgirl

This is another famous position. It's one which occupies a favorite place in the fantasy lives of many men, one which allows a man to adopt a rather more submissive attitude in sex. If you like to take a more relaxed position as your partner rides you from time to time, then this is ideal for you. There's no challenge in getting into the position as long as the woman holds her partner's penis as she inserts it into her vagina, and there's nothing difficult about it - the excitement lies in the fact that it's a perfect way to reverse roles, to give the woman the opportunity to control the speed, rhythm, and pace of sex, and to allow the man to relax as he enjoys the attention of his partner.



---

### Head to head

Although many men like the missionary position more than any other, it's worth trying this variation, which can provide a whole new range of different sensations. The woman takes more control of sex when she is on top, and again, as with the reverse cowgirl, the man can relax and "let it all happen" as he savors the site of his partner moving on top of him.



## Lap dancing

Again, this is not a technically difficult position, but it is a highly enjoyable one, since the couple can kiss and caress, the man can touch his partner's breasts, and she can move in whatever way gives them both most pleasure. Like all positions where the woman has the dominant role, this one enables her to move in the way that best stimulates her clitoris and G spot.



---

## The cowgirl

In our view, this is a more exciting version of the Reverse Cowgirl shown above, in that the partners can look at each other as they make love, and the woman has greater flexibility of movement - she can move forwards or backwards to find the angle of her body that gives them both most pleasure.



---

## Man On Top Sex Positions

### The lunge

This is a powerful position, in the sense that the man can penetrate his partner deeply and she can enjoy the sense of exposure which comes from opening her legs and exposing her vulva to his gaze as he enters her. After penetration, he can then lean forward so that his whole body presses on her chest, perhaps giving her a sense of containment and pressure which she may find exciting. Certainly, if he can position himself correctly, his body will press on her clitoris, and she may be able to enjoy a powerful orgasm.



---

### The scorpion

An unusual position which can offer new and perhaps rather unusual sensations. The woman lies on her back, with her legs apart, and the man penetrates her while facing in the opposite direction. She then puts her legs on his back, and he can support himself on his forearms.



Thrusting is not easy, so the man can try instead making circular movements of his pelvis, or he can grip his penis in his hand and move it around to stimulate his partner while it is in her vagina. Another exciting thing is that the man and woman cannot see each other, which adds a whole new dimension to sex, and she can surprise him with unexpected caresses of his testicles, legs or back.

---

### Deepest of all

A close connection between the two partners is a prerequisite for this incredibly intimate position. The woman is completely exposed to her partner's gaze, which he may well find erotic. Her position hints at complete abandonment, deep penetration - simply wild sex in fact! For many men, nothing is more exciting than such deep penetration, for the sensations around the head of the penis can be profound, and the erotic appeal of the man's testicles banging on his partner's vulva is considerable.





### **The drill**

Although this might be the stuff of fantasy, it's a very difficult position to get into and it's very difficult for the woman to move at all. If you want to try it, put a cushion under the woman's hips. It may help if she is able to put her hands over her head so she can push herself upwards onto his penis. But once again, unless he has a penis which bends down when it's erect, it may be difficult, if not impossible, for him to insert into her vagina in this position.



---

### **The side screw**

The great advantage of this position is the tightness which it lends to the woman's vagina. This can add greatly to the pleasure of both lovers, and since the man can move his partner's legs in any direction he chooses, it is possible for him to control the sensations which both he and she experience. The man can also allow his passion to take control of him as he thrusts vigorously into his partner. She can play with her clitoris, thereby ensuring that she comes while they are making love.



---

## ***Rear-entry sex positions (sex from behind)***

### **Rear entry or doggy style**

A truly passionate and exciting position, perhaps the most exciting position of all for many men. But it's also very exciting for women, since it allows both sexes to express their sexual passion. The woman kneels with her head down or her head up as she chooses, and the man kneels behind her on all fours and enters her while gripping her around the hips or waist. He can thrust hard or soft, and she can also thrust with energy and passion. A set of pillows or cushions under her stomach will support her and may make it more comfortable for her. An exciting position for both sexes.



---

### **The corkscrew**

If you are woman who never comes during intercourse, try this position. It has the effect of stimulating the clitoris as your man thrusts. The best way to do this is to lie on the side of the bed on your side with your legs bent double. This has the effect of exposing your vulva and tightening your vagina, which will make the position appealing and pleasurable for your man. As he thrusts into you, his movements pull on your vaginal lips, which stretches the tissues around the clitoris: this tension may help to make you come. Your man can also caress your breasts and increase your pleasure with a little nipple play!



---

## **Side by side sex positions**

### **The scorpion**

The woman holds her legs bent while she keeps them close together. This means they will grip the man's penis as he enters her. This is a good position for anal sex, so he may be entering either her vagina or her anus. She can turn as he enters so that she can see his face, and this allows the couple to exchange loving gazes as they make love,



though probably not to kiss. If you want to move, the best movements are likely to be gentle ones, though the penetration will be deep. You can mould your bodies together, and the position of the woman's legs may allow for stimulation of her clitoris as her man moves, which brings her to orgasm during intercourse.

---

### **The mayfly**

Start with both of you lying down. The woman should lie with her back to her partner, and as you can see in the illustration, she will then bend a leg back over the man's thigh or hip. The man can then penetrate his partner as he holds her leg up in the air. It's an exciting position which offers many different sensations from normal sex, and the proximity of the woman's buttocks to the man's genitals adds a frisson of excitement for both partners.

---



### **Twin peaks**

If the man has a much larger penis than normal, this is going to be a favorite position! If you are the woman, lie on your side, and have your man approach from behind ready to make love. Raise one leg, and sling it over his waist, as he enters you. This is effectively a modified side by side position, which prevents deep penetration yet allows the man to enter and thrust with energy - and because her buttocks and thighs are around the base of his penis, even if he is not fully in her, he will still feel as if he has entered her deeply. Her clitoris and breasts are easily reached by both partners.

---

